



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 20049, Rice, white, long-grain, precooked or instant, enriched, prepared

Report Date: June 27, 2017 04:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	70.34	--	--	68.67	71.33	--	--	--	1	Analytical or derived from analytical	--	06/2014
Energy	kcal	124	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2014
Energy	kJ	518	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2014
Protein <sup>1</sup>	g	2.18	--	0.016	2.15	2.2	2.0	2.108	2.244	1	Analytical or derived from analytical	--	02/2005
Total lipid (fat) <sup>1</sup>	g	0.50	--	0.059	0.38	0.57	2.0	0.247	0.752	1	Analytical or derived from analytical	--	02/2005
Ash <sup>1</sup>	g	0.22	--	0.007	0.2	0.23	2.0	0.187	0.251	1	Analytical or derived from analytical	--	02/2005
Carbohydrate, by difference	g	26.76	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2014
Fiber, total dietary <sup>1 2</sup>	g	0.6	--	0.191	0.4	0.9	1.0	-1.78	3.061	2	Analytical or derived from analytical	--	02/2005
Sugars, total <sup>1</sup>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007

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Sucrose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
Glucose (dextrose) <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
Fructose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
Lactose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
Maltose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
Starch <a href="#">1</a>	g	26.33	--	0.601	25.59	27.52	2.0	23.74	28.913	1	Analytical or derived from analytical	--	02/2005
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	8	--	0.703	6	8	2.0	4.5	10.547	1	Analytical or derived from analytical	--	02/2005
Iron, Fe <a href="#">1</a>	mg	1.77	--	0.344	1.1	2.25	2.0	0.285	3.248	1	Analytical or derived from analytical	--	02/2005
Magnesium, Mg <a href="#">1</a>	mg	5	--	0.082	5	5	2.0	4.33	5.037	1	Analytical or derived from analytical	--	02/2005
Phosphorus, P <a href="#">1</a>	mg	37	--	1.085	36	39	2.0	32.416	41.751	1	Analytical or derived from analytical	--	02/2005

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Potassium, K <sup>1</sup>	mg	9	--	--	9	9	1.0	--	--	1	Analytical or derived from analytical	--	02/2005
Sodium, Na <sup>1</sup>	mg	4	--	0.117	4	4	2.0	3.201	4.205	1	Analytical or derived from analytical	--	02/2005
Zinc, Zn <sup>1</sup>	mg	0.49	--	0.018	0.47	0.53	2.0	0.416	0.57	1	Analytical or derived from analytical	--	02/2005
Copper, Cu <sup>1</sup>	mg	0.037	--	0.000	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	02/2005
Manganese, Mn <sup>1</sup>	mg	0.343	--	0.008	0.33	0.36	2.0	0.307	0.38	1	Analytical or derived from analytical	--	02/2005
Selenium, Se <sup>3</sup>	µg	4.8	--	0.540	2.8	7.3	6.0	3.486	6.128	1	Analytical or derived from analytical	--	02/2005
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin <sup>1</sup>	mg	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Niacin <sup>1</sup>	mg	1.737	--	--	1.06	2.41	1.0	--	--	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified	
Pantothenic acid <a href="#">1</a>	mg	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005	
Vitamin B-6 <a href="#">1</a>	mg	0.050	--	--	0.04	0.06	1.0	--	--	1	Analytical or derived from analytical	--	02/2005	
Folate, total <a href="#">1</a>	μg	70	--	21.008	28	92	2.0	-20.39	160.39		1	Analytical or derived from analytical	--	05/2002
Folic acid <a href="#">1</a>	μg	69	--	20.835	27	90	2.0	-20.981	158.314		1	Analytical or derived from analytical	--	02/2005
Folate, food <a href="#">1</a>	μg	1	--	0.333	1	2	2.0	-0.101	2.768		1	Analytical or derived from analytical	--	03/2007
Folate, DFE	μg	118	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007	
Choline, total	mg	2.1	--	--	--	--	--	--	--	--	Calculated or imputed	20045	03/2007	
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989	
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004	
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007	
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002	
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20048	02/2003	
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20048	02/2003	
Cryptoxanthin, beta	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20048	02/2003	
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007	

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Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20048	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20048	02/2003
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	20048	02/2005
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	20048	02/2005
<b>Lipids</b>													
Fatty acids, total saturated	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
4:0 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
6:0 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
8:0 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
10:0 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
12:0 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 <a href="#">1</a>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
15:0 <a href="#">1</a>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
16:0 <a href="#">1</a>	g	0.017	--	--	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	02/2005
17:0 <a href="#">1</a>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
18:0 <a href="#">1</a>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
20:0 <a href="#">1</a>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
22:0 <a href="#">1</a>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
24:0 <a href="#">1</a>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Fatty acids, total monounsaturated	g	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
14:1 <a href="#">1</a>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
18:1 undifferentiated <sup>1</sup>	g	0.074	--	--	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	02/2005
20:1 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Fatty acids, total polyunsaturated	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
18:2 undifferentiated <sup>1</sup>	g	0.017	--	--	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	02/2005
18:3 undifferentiated <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2007
18:4 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
20:4 undifferentiated <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005

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22:5 n-3 (DPA) <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
<b>Amino Acids</b>													
Tryptophan <sup>1 4 5</sup>	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Threonine <sup>1 4 5</sup>	g	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Isoleucine <sup>1 4 5</sup>	g	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Leucine <sup>1 4 5</sup>	g	0.192	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Lysine <sup>1 4 5</sup>	g	0.061	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Methionine <sup>1 4 5</sup>	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Cystine <sup>1 4 5</sup>	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

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Phenylalanine <a href="#">1</a> <a href="#">4</a> <a href="#">5</a>	g	0.115	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Tyrosine <a href="#">1</a> <a href="#">4</a> <a href="#">5</a>	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Valine <a href="#">1</a> <a href="#">4</a> <a href="#">5</a>	g	0.138	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Arginine <a href="#">1</a> <a href="#">4</a> <a href="#">5</a>	g	0.191	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Histidine <a href="#">1</a> <a href="#">4</a> <a href="#">5</a>	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Alanine <a href="#">1</a> <a href="#">4</a> <a href="#">5</a>	g	0.127	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Aspartic acid <a href="#">1</a> <a href="#">4</a> <a href="#">5</a>	g	0.234	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Glutamic acid <a href="#">1</a> <a href="#">4</a> <a href="#">5</a>	g	0.408	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Glycine <a href="#">1</a> <a href="#">4</a> <a href="#">5</a>	g	0.104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
Proline <a href="#">1</a> <a href="#">4</a> <a href="#">5</a>	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005

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Serine <sup>1 4 5</sup>	g	0.106	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2005
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2002

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2b, 1999 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA Continued monitoring of the nutrient content of selected key foods, University of Georgia, 1993 Beltsville MD

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA Analyses of Selenium in Foods, Environmental Trace Substances Research Center, 1989 Beltsville MD

<sup>4</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6m, 2002 Beltsville MD

<sup>5</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9m, 2005 Beltsville MD